



Six fruits that are berry good for your health

Nothing says summer like a big, beautiful bowl of fresh berries. But they're so much more than beautiful. Berries are a nutritional powerhouse.

These low-fat, low-carb, high-fiber fruits pack a potent combination of vitamins and minerals. Not to mention flavonoids and anthocyanins — two powerful antioxidants that can protect against cell damage, reduce inflammation, protect your heart, boost brain health, and may even lower cancer risk. Anthocyanins are responsible for the vivid color of

berries. And the more vivid the color — especially purple — the better.

Best of all, berries are a tasty way to support your health. Enjoy them over cereal or yogurt, blend them into a smoothie, toss a handful into a salad, or eat them as a snack. For the most bang for your berry, eat them fresh and uncooked.

Read on for a breakdown of what six of these fabulous fruits can do for your health.

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BLACKBERRIES

VITAMINS: **C** | **E** | **K**

FIBER CONTENT: **HIGH**

- Boost your immune system
- Keep wrinkles at bay
- Maintain strong and healthy bones



BLUEBERRIES

VITAMINS: **C** | **K**

- Reduce bad cholesterol and heart attack risk
- Aid in calcium absorption, supporting brain and nerve function
- Regulate blood sugar
- The National Library of Medicine published a study that shows blueberries can lower type 2 diabetes risk by 26 percent



BOYSENBERRIES

VITAMINS: **C** | **E** | **K**

FIBER CONTENT: **VERY HIGH**

- In the early 19th century in Northern California, Rudolph Boysen crossbred raspberries, blackberries, and loganberries to create this juicy hybrid
- Aid in calcium absorption supporting brain and nerve function
- Can reduce inflammation by almost 20 percent when consumed regularly



RED GRAPES

VITAMINS: **K** | **B**

- Rich in copper, an essential mineral for energy production
- Contain antioxidants which can help reduce high cholesterol and may help protect against certain types of cancer



RASPBERRIES

VITAMINS: **C**

FIBER CONTENT: **HIGH**

- Aid in calcium absorption, supporting brain and nerve function
- Contain antioxidants which can help protect your body from inflammation and health issues like heart disease and cancer



STRAWBERRIES

VITAMINS: **C** | **B-9**

FIBER CONTENT: **HIGH**

- Help regulate blood sugar by slowing glucose digestion
- Contain potassium, which helps regulate blood pressure

Eating whole foods rich in these vitamins help you stay healthy:

- **Vitamin C** helps the body fight free radicals — toxic compounds that form when your body converts food into energy, or when you're exposed to pollution, cigarette smoke, or too much UV light
- **Vitamin E** boosts your immune system and helps your skin keep the wrinkles at bay
- **Vitamin K** is vital for blood clotting and helps build and maintain strong and healthy bones
- **B vitamins** help to metabolize protein and support normal tissue growth and cell function

With all this good news, Aspire Health hopes you'll enjoy a berry healthy summer.



Let's talk about it: Bladder control issues

Bladder control issues (or urinary incontinence) may feel embarrassing to talk about, but it is a common issue, with 50 percent of adult women and 11 percent of adult men experiencing accidental urine leaks.

It might feel like this is a condition that only older adults experience, but it is not an unavoidable symptom of aging. Your quality of life and well-being does not have to suffer because of these symptoms, which can be treated.

TWO COMMON TYPES OF URINARY INCONTINENCE ARE:

- **Stress incontinence** — leakage due to physical movement such as coughing, sneezing, jumping, or walking
- **Urge incontinence** — leakage due to a sudden urge that cannot be held

If symptoms affect your daily activities, call your doctor to discuss treatment. Depending on what you are experiencing, different treatments are available such as bladder training exercises, medication, or surgery. Your doctor can tell you which treatment option might work best for you.

WAYS TO DISCUSS SYMPTOMS WITH YOUR DOCTOR:

- “I’ve been having some issues lately that are a bit sensitive for me to talk about, but I know it’s important”
- “I’ve been experiencing changes in my bladder control, and it’s bothering me. Is this something you can help with?”
- “I’m a bit embarrassed to bring this up, but I’m experiencing urinary issues. Can you offer guidance on how to manage them?”



Know when to go



EMERGENCY ROOM

Visit the nearest emergency room when you feel you are having a medical emergency and need immediate attention. This includes chest pain, breathing difficulty, broken bones, large wounds or cuts, moderate to severe stomach pains, severe headaches, and new neurological symptoms like numbness, tingling, slurred speech, or fainting.

For medical emergencies like a possible heart attack or stroke, delays in treatment can worsen the outcome, so call 911 or go to the nearest emergency room right away.

URGENT CARE

Visit an urgent care center for issues that require in-person care like stitches, x-rays, and throat swabs. They can also provide care for minor issues like ear infections, respiratory illnesses, minor cuts, minor burns, bruises, sprains, and strains.

PRIMARY CARE PHYSICIAN (PCP)

Your PCP knows you best and is your best option for non-emergency medical issues.

We need your feedback

As a valued member of Aspire Health Plan, we strive to ensure that your healthcare experience is as seamless and satisfying as possible. To achieve this goal, we need your feedback.

You may have recently received information from the Centers for Medicare and Medicaid Services (CMS) about the Medicare Health Outcomes Survey. The survey measures the ability of Medicare Advantage organizations, in partnership with providers, to maintain or improve the physical and mental health of members.

Seeing your primary care physician

Your primary care physician (PCP) is the first call you should make when you are sick and it is not an emergency.

If you need to see your PCP right away, here are some helpful tips:

- Most PCPs offer same-day appointments. These appointments are only scheduled on the same day and fill quickly
- If your PCP is not available for a same-day appointment, ask if it is possible to see another provider in the same office. Information about your visit will be provided to your PCP
- If you don't need to see someone the same day, it may be possible to be placed on a wait list. If another patient cancels an appointment, you can take their appointment time

If you need assistance getting in to see someone on your primary care team, please call our care coordination staff directly:

- For Montage Medical Group patients, call (831) 333-3045
- For Salinas Valley Health PrimeCare patients, call (831) 759-7072
- Patients of independent physicians (not Montage Medical Group or Salinas Valley Health PrimeCare), please call Member Services at (831) 574-4938



If you received the survey in the mail, we hope you'll complete and return it. If you are not able to return it, the survey organization working with CMS may contact you by phone. Your responses are used to help CMS improve the quality of health plans. The survey takes just a few minutes to complete, and your information is kept private by law. Participation is voluntary.

Your voice matters to us, and we genuinely appreciate your participation in shaping the future of healthcare in our community. Thank you for entrusting Aspire Health with your healthcare needs.

Should you have any questions, please don't hesitate to contact our dedicated Member Services team at (831) 574-4938.

Make the most of your Aspire Health Plan pharmacy benefits

PRESCRIBED A NEW MEDICATION? NEED ASSISTANCE FILLING YOUR MEDICATION?

Call us for questions about your prescriptions or if you need assistance filling your prescriptions. We are always here to help. Call Member Services: (831) 574-4938

HOME DELIVERY WITH BIRDI AT NO ADDITIONAL COST

If you take maintenance medications such as those for high blood pressure, cholesterol, or diabetes, home delivery may be a convenient and cost-effective option for you. You can eliminate the hassle of driving to the pharmacy and standing in line to fill your prescription. Birdi will deliver your medications on time, safely, and conveniently.

To sign up for home delivery, call Birdi at (833) 546-0799 option 0, or visit www.aspirehealthplan.org/drug-coverage.

100-DAY MEDICATION SUPPLY FOR ONLY TWO CO-PAYS

You can receive 100-day supplies of your Medicare Part D medications at a discounted cost of only two co-pays. If your prescription is not initially written for a 100-day supply, please consult with your pharmacist or prescriber to explore options for obtaining a new prescription with a 100-day supply.

Pick up a 100-day supply of your maintenance medications at participating pharmacies or by mail through Birdi.

If you have issues filling the 100-day supply from your pharmacy or provider, or if you need help signing up for home delivery with Birdi, call Member Services at (831) 574-4938.



Upcoming events



Community Connections

Classes are open to the public. Share with a friend.

ALLIANCE ON AGING HUB
236 MONTEREY STREET, SALINAS
FRIDAYS AT 10:30 A.M.

SCHOLZE PARK CENTER
280 DICKMAN AVENUE, MONTEREY
FRIDAYS AT 10 A.M.



July 26
Balance your body



August 2
Craft your path to well-being



August 9
Movement for well-being



August 16
Eating for well-being



August 23
Find calm for mind and body



August 30
Move more, live more



September 6
Meal planning and shopping for well-being



September 13
Healthy heart



September 20
Shift your mindset to break unhealthy habits



September 27
Healthy habits on the go

REGISTER FOR THESE FREE EVENTS:
www.aspirehealthplan.org/connections2024
or (831) 644-7490 (TTY 711)

www.aspirehealthplan.org/members-newsletters
Share your thoughts: feedback@aspirehealthplan.org



Like us on Facebook:
facebook.com/aspirehealthplan

For accommodations of persons with special needs at meetings call (855) 570-1600 (TTY users call 711). Other providers are available in our network. We are open 8 a.m.-8 p.m. PT Monday through Friday from April 1 through September 30 and 8 a.m.-8 p.m. seven days a week from October 1 through March 31 (except certain holidays). H8764_MBR_Newsletter29_0624_C



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TELL A FRIEND

WE LOVE YOUR REFERRALS.

The greatest compliment you can give Aspire is a referral to your friends and family. Thank you for your membership in Aspire Health Plan. Help us grow by sharing Aspire with the people you care about.

